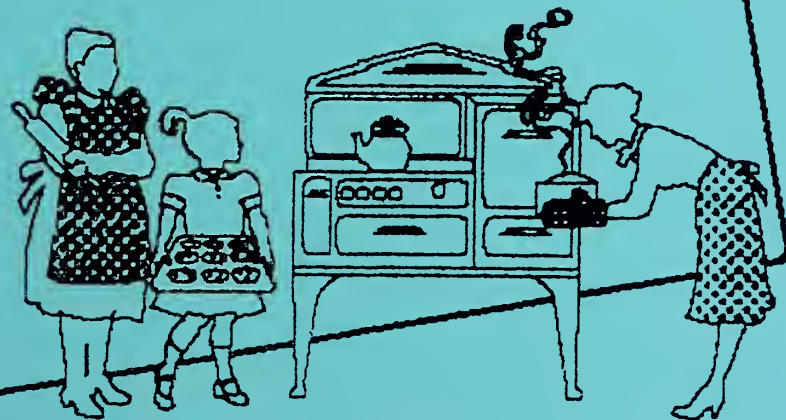




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Bethel College Family Favorite Gourmet Recipes



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SPINACH SALAD

Bonnie Goering

1/2 lb. or 1 bunch spinach torn into pieces
1 c. water chestnuts, diced
1 bunch green onions, tips and all, diced
4 fresh mushrooms or 1 can mushrooms, sliced
Crumble bits of bacon or ham
1 c. chow mein noodles, add just before serving
Toss with 1/2 of the dressing recipe.

DRESSING

Keeps in refrigerator for weeks.

1 c. oil
1/2 c. wine vinegar
1 t. worcestershire sauce
1/3 c. catsup
3/4 c. brown sugar
1/2 t. salt
1/2 to. garlic powder

Mix ingredients in blender. Toss with salad ingredients. This is enough for twice the amount of salad.

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BROCCOLI DELIGHT SALAD

Gladys Graber

1 large bunch fresh broccoli cut in pieces (4 to 5 cups)
1 cup raisins
1/4 c. diced red onion
10 strips bacon, fried and crumbled
1 cup sunflower seeds

DRESSING

3 - 4 Tbsp. sugar
1/2 cup light mayonnaise
1 Tbsp. vinegar

Apple slices may be added to this salad if desired. Serves 6.



MACARONI SALAD

Cindy Beth

1 c. raw elbow macaroni
1 med. tomato
1 sm. onion
1/2 green pepper
1/2 green cucumber
3/4 tsp. mustard
1 1/2 T. salad dressing
1/2 cup light cream
1 tsp. sugar
1/4 tsp. pepper
1/2 tsp. salt

Bring 6 c. water and 1 tsp. salt to boil. Add macaroni, cover pan and turn off burner and let stand 15 min. Drain and rinse macaroni well. Add the chopped tomato, onion, green pepper and cucumber. Toss with a dressing made with the remaining ingredients. Serves 6.



PARSLEY TOMATOES

Chuck Regier

In a measuring cup or bowl combine:

olive oil, 1/4 cup

vinegar, 1/4 cup

fresh parsley, 1/4-1/2 cup chopped

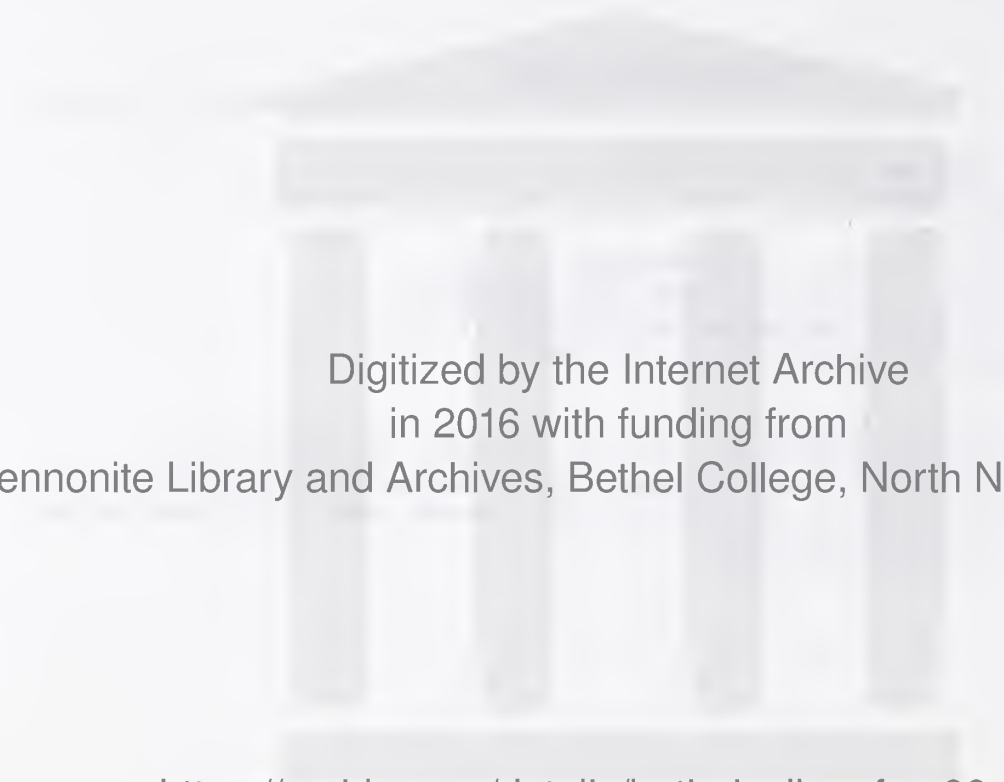
garlic, several cloves crushed and chopped

red onion, several tablespoons thinly sliced

salt and fresh ground pepper to taste

In a shallow serving bowl:

lots of medium sized tomatoes, thinly sliced, arranged in a slightly overlapping pattern around dish. Spoon all of the parsley mixture over the top of the tomatoes, cover and refrigerate at least 1/2 hour before serving.



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SUMI SALAD

Gladys Graber

2 pkg. Ramen noodles (broken into pieces), do not boil

Discard or save the seasoning packet for some other use.

8 Tbsp. sliced almonds

8 Tbsp. sesame seeds

Brown above ingredients in 2 Tbsp. oil. Save and stir into salad just before serving. Chop one 3 lb. head of Chinese cabbage, 8 green onions including tops.

DRESSING

4 Tbsp. sugar

2 tsp. accent

1/2 cup oil

1 tsp. pepper

1 tsp. salt

6 Tbsp. rice vinegar

Mix well and pour over cabbage and onions. When ready to serve, spoon cabbage mixture into serving bowl and toss in desired amount of browned noodle mixture. This makes a large recipe, so keep the ingredients separate until ready to serve. Some of the dressing may be drained off the marinated cabbage before mixing.

DANISH POTATO SALAD

Helen Nachtigal

1/4 cup vinegar
1/4 cup water
1/4 cup sugar
1/4 tsp. pepper
1 tsp. mustard
2 eggs

Bring to boil first 5 ingredients, reduce heat and add 2 well beaten eggs (slowly). Return to heat, bring to boil and cool until thickened - stirring constantly with wire whisk. Add 1 cup mayonnaise (not salad dressing) and mix until smooth. Pour over 4-5 cups hot boiled peeled potatoes which have been grated or cubed and mixed with 1/8 to 1/4 cup chopped onion, 1/4 cup pickle relish, and boiled chopped eggs as desired (approx. 2 per recipe). Mix thoroughly. Be very careful not to overcook potatoes, they should be slightly firm for grating or cubing. Also do not run under cold water. Potatoes must be hot when mixed with dressing. Refrigerate immediately. Keeps several days.

CRANBERRY SALAD

Cindy Beth

1 lb. cranberries
1 1/2 c. sugar
1 lb. Tokay (red) grapes
1 pkg. small marshmallows
1 c. whipped cream

Grind cranberries and add sugar. Let stand for several hours. Drain juice. Add grapes, marshmallows and whipped cream. Let stand over night. A few walnuts may be added.

FRUIT FREEZE

Kaye Penner

Dissolve 1 3/4 c. sugar in 2 cups of water.

Add: 1 small can frozen orange juice
6 smashed bananas
1 can crushed pineapple with juice (8 oz.)
1 large package frozen strawberries (8 oz.)
1 12-oz. can apricot nectar

Mix and freeze at least 8 hours. Set out 1-1 1/2 hours, will thaw just right to eat. Makes 25 5-oz. cups.

BEST-EVER SPINACH SALAD

Helen Nachtigal

Combine in large salad bowl:

- 1 quart clean chopped fresh spinach (stems removed)
- 1/2 cup chopped celery
- 1 small bunch green onions, finely chopped
- 3/4 cup cubed Swiss or Cheddar cheese
- 5-6 slices bacon crisply fried & crumbled
- 3 hard-cooked eggs, chopped

Combine in small bowl:

- 1/2 cup mayo (not salad dressing)
- 2 T. vinegar (I use wine vinegar)
- 1/2 t. salt
- Pepper to taste
- 1/2 t. horseradish
- 1/2 t. Tabasco or dash cayenne pepper

Just before serving, pour dressing over salad and toss.

FLORENTINE SCALLOPED POTATOES

Betty Zehr

- 1 can (10 3/4 oz.) cheddar cheese soup
- 1 can (16 oz.) tomatoes, drained, chopped (or fresh)
- 1 pkg. (10 oz.) frozen chopped spinach, thawed
- 1/2 c. sliced onions
- 1/2 tsp. lemon juice
- 1 clove minced garlic
- 1 T. chopped parsley
- dash of pepper
- 1/2 tsp. marjoram (optional)
- 4 c. precooked sliced potatoes
- 2 c. shredded Swiss cheese, divided

In mixing bowl combine all sauce ingredients, excepting 1/2 c. cheese and the thinly sliced potatoes. In buttered casserole dish, layer sauce alternately with potatoes, beginning and ending with the sauce. Cover and bake for (approx.) 1 hour 10 minutes at 375 degrees. Uncover and sprinkle with reserved 1/2 cup cheese. Bake 15 more minutes. Serves 6-8. This casserole goes well with meatloaf.

ESCALLOPED POTATOES

Bonnie Goering
(recipe from Vernetta Regier)

2 lbs. frozen hash brown potatoes
1/2 c. melted margarine or butter
1 tsp. salt
1/4 tsp. pepper
1 can cream of chicken soup, undiluted
2 c. cheddar cheese, grated
1/2 c. onion, chopped
2 c. sour cream
2 c. corn flakes, crushed mixed with 1/4 c. melted butter

Heat oven to 350 degrees. Thaw potatoes. Combine with rest of ingredients except for corn flakes. Use a 3 quart casserole or large flat glass baking dish. Bake for 45 minutes, 350 degrees. 10 to 12 servings.



AU GRATIN HASH BROWNS

Susan Rhoades

2 lb. hash brown potatoes, frozen
1 small onion, diced

Spread potatoes evenly into greased 9 X 13 baking pan. Layer diced onion over potatoes.

1 pint half and half
8 tablespoons oleo
9 ounces cream cheese
12 ounces cottage cheese

In a saucepan heat half and half, oleo and cream cheese till melted. Stir in cottage cheese. Pour over potatoes. Let stand at least one hour or overnight in refrigerator. Bake at 350 degrees for 1 to 1 and 1/2 hour. Serves 8-10.



EASY BAKED BEANS

Cindy Beth

1 can (30 oz.) pork and beans
1 can (16 oz.) whole cranberry sauce
1/2 c. brown sugar, packed
1/4 c. ketchup or barbecue sauce
1/8 tsp. ginger

Put pork and beans into a 2 qt. baking dish. If beans are juicy, drain off some liquid and discard. Add the cranberry sauce, sugar, ketchup and ginger. Mix well and bake uncovered for 30-45 minutes in a preheated 350 degree oven. Will serve 6-8.



SWISS VEGETABLE MEDLEY

Jan Blosser

- 1 bag (16 oz.) frozen broccoli, carrot and cauliflower combination (thawed and drained)
- 1 can (10 3/4 oz.) condensed cream of mushroom soup
- 1 c. (4 oz.) shredded Swiss cheese
- 1/3 c. sour cream
- 1/4 tsp. black pepper
- 1 can (2.8 oz.) french fried onions
- 1 jar (4 oz.) chopped pimento, drained (optional)

Combine vegetables, soup, 1/2 c. cheese, sour cream, pepper, pimento and 1/2 can of onions. Pour into a 1 qt. casserole. Bake, covered at 350 degrees for 30 minutes. Top with remaining cheese and onions. Bake uncovered 5 minutes longer. 5-6 servings.



ARROZ CON JOCOQUI
(rice with sour cream)

Lorene Goering

8 oz. Monterey Jack cheese
4 cups cooked rice
salt and pepper
3 cups sour cream, salted
2 4 oz. cans mild, chopped green chiles
1/2 cup grated Cheddar cheese

Cut Jack cheese in strips. Thoroughly mix sour cream and chiles. Stir into the cooked rice that has been seasoned with the salt and pepper. Butter a 1 1/2 quart casserole. Layer the rice/sour cream mixture and cheese strips, ending with rice on the top. Bake in 350 degree oven for about half an hour. During the last few minutes of baking, sprinkle grated Cheddar cheese over the rice and allow it to melt before removing casserole from oven. Serves 6-8. This may be easily halved or doubled, and may be assembled early in the day, refrigerated, and baked later. Allow more baking time if casserole is chilled.



BARBECUED BAKED BEANS

Bonnie King

2 16 oz. cans pork & beans, drained
3/4 c. barbecue sauce
1 medium onion, chopped (1/2 c.)
1 large tart apple, peeled, cored, chopped (1 c.)
1/2 c. packed brown sugar
2 Tbsp. (or more) golden raisins
3 strips uncooked bacon, halved

In a 2 qt. baking dish, stir together drained pork & beans, barbecue sauce, chopped onion, chopped apple, brown sugar, and raisins. Top with halved strips of uncooked bacon. Bake uncovered in 350 oven for 1 hour or desired consistency. Serves 6-8.



OVEN MASHED POTATOES

Aldine Sprunger

3 lbs. Potatoes, peeled
1 cup Milk
1/8 cup Butter
1 tsp. Seasoned Salt
1/8 tsp. Pepper
1/2 cup Shredded cheese
Paprika

Boil, drain and mash potatoes. Add rest of ingredients except cheese and paprika. Put in flat 2 quart casserole. Sprinkle with cheese and paprika. Bake at 375 for 20-30 minutes until browned and heated through. May be made early in day.



BRISKET

Susan Rhoades

Poke holes in both sides of brisket. Sprinkle both sides with worcestershire sauce, liquid smoke, celery salt, and garlic salt. Place fat side up in baking pan and cover with foil. Bake for 6-7 hours at 275 degrees. Check for dryness after 5 hours. If dry add a small amount of water. Foil must fit tightly on baking pan. May add barbecue sauce the last 30 minutes.



HAWAIIAN STUFFED CHICKEN BREASTS

Linda Wilson

2/3 cup hot water
2 Tbsp. margarine
2 cups Stove Top chicken flavor stuffing
1 can (8 1/4 oz.) crushed pineapple in syrup
4 boneless, skinless chicken breast halves, pounded 1/4" thick
1 medium green pepper, chopped
2 Tbsp. brown sugar
2 Tbsp. vinegar
1/4 tsp. ground ginger

Heat oven to 400 degrees. Mix hot water and margarine in bowl. Stir in stuffing mix, pepper, half the pineapple and syrup. Spoon stuffing evenly on chicken; roll tightly, secure with toothpicks. Place in 9" square pan with any remaining stuffing in center. Mix remaining pineapple and syrup, sugar, vinegar and ginger. Spoon over chicken. Bake 30 minutes or until thoroughly cooked. Makes 4 servings.

HAM BALLS & SAUCE

Betty Zehr

1 1/2 lb. ground smoked ham
1 lb. ground pork
1 lb. ground beef
2 1/4 cup oatmeal
1 1/2 tsp. salt
4 eggs
1 1/2-2 cups milk

Mix well, chill, shape into balls (25 or more). In shallow pan, bake 1 to 1 1/2 hours at 300 degrees. Drain and add sauce.

SAUCE FOR HAM BALLS

1/2 c. brown sugar
1/2 T. flour
1/2 c. Karo syrup
1 1/4 c. pineapple juice
2 1/3 T. vinegar
1/2 tsp. whole cloves

Cook until thickened, pour over ham balls (can add pineapple chunks also) and bake 15 minutes or so. Ham balls can be made ahead of time and put into a crockpot to keep warm.

POPPY SEED CHICKEN

Dan & Julie Quinlin

8 Chicken Breasts
8 oz. Sour Cream
2 cans Cream of Chicken Soup
2 cups Crushed Ritz Crackers
2 T. Poppy Seed
1 1/2 Sticks Margarine

Cook chicken. Place in buttered casserole. Mix soup and sour cream. Heat and pour over chicken. Mix poppy seed and crackers - put on top. Melt margarine and pour over top. Bake 30-40 minutes at 350 degrees.

CHICKEN ENCHILADAS

Selma Unruh

2 cups	Bite-sized pieces cooked chicken
2 1/2 cups	Coarsely grated Monterey Jack cheese loosely packed about 8 oz.
1/2 cup	Chopped red onion
1 pkg.	7" flour tortillas (12 ct.)
2 Tbsp.	Flour
2 Tbsp.	Butter
2 cups	Chicken broth
1 1/2 cups	Sour cream
2 cans	4 oz. diced green chiles
1/2 cup	Sliced scallions

Mix chicken, 1 1/2 cup cheese and chopped onion. Place 1/3 cup on each tortilla and roll up. Arrange in 9 X 13 pan. Melt butter, add flour to thicken, add broth and cook about 3 minutes (doesn't get very thick). Fold in sour cream and chilies. Pour sauce over tortillas. Bake uncovered 15 minutes at 350. Sprinkle with 1 cup cheese & scallions. Bake 5 minutes longer. This freezes well but then baking time needs to be adjusted.

SWEET & SOUR PORK

Bonnie King

Pork:

Preheat deep fryer to 375. Cut into 1/2" squares: 2 lbs. pork loin. Toss pork squares with: 3 tsp. soy sauce, 3 Tbsp. flour. Fry in deep fat until the squares come to the surface and float. When crisp and golden brown, drain on absorbent paper. Mix with sweet and sour sauce. Serve with rice.

Sweet & Sour Pork Sauce:

Have ready a past of: 2 Tbsp. cornstarch, 1/2 c. chicken broth, 2 Tbsp. soy sauce. Melt in saucepan: 2 Tblsp. butter, add: 1 c. chicken broth, 1 c. diced green pepper, 6 slices diced canned pineapple (in natural juice). Cover and simmer for 5 minutes, add the cornstarch paste and the following ingredients to the peppers and pineapple. 1/2 c. vinegar, 3/4 c. pineapple juice (saved from canned pineapple), 1/2 c. sugar, 1/4 t. ginger. Simmer, stirring often, until mixture thickens (20 min. or more).

PORK AND CORN STUFFING BAKE

Gail Lutsch and Wayne Wiens

- 1 can Campbell's Golden Corn Soup (10 3/4 oz.)
- 1 1/2 cups Pepperidge Farm Corn Bread Stuffing
- 1/4 cup finely chopped onion
- 1/2 tsp. paprika
- 4 boneless pork chops, 3/4" thick
- 1 Tbsp. brown sugar, packed
- 1 tsp. spicy brown mustard

Combine soup, stuffing, onion and paprika, in 9" greased pie plate (we use covered casserole dish), spoon stuffing, arrange chops on stuffing pressing lightly into stuffing. Combine sugar and mustard, spread evenly over chops. Bake at 400 for 30 minutes or until chops are no longer pink. Serves 4.

ORIENTAL GRILLED CHICKEN

Mary Ann Krehbiel

(Serves 6, 2 pieces chicken per serving)

The marinade makes this chicken delicious. Grilling gives it a slight barbecue taste. Optional broiling works well also.

Marinade:

2 Tablespoons acceptable vegetable oil

1/4 Cup honey

3 Tablespoons red wine vinegar (can mix with herbal vinegar)

1/4 Cup low-sodium soy sauce

1 clove garlic, minced

2 Tablespoons finely chopped fresh parsley

2 teaspoons grated fresh ginger, or 1 teaspoon ginger powder

1/2 teaspoon freshly ground black pepper

12 pieces chicken, about 3 1/2 to 4 pounds, skinned, fat removed.

In bowl, combine all marinade ingredients and mix well. Add chicken and turn to coat all pieces. Cover and refrigerate for at least 2 hours, turning occasionally. Grilling method: grill chicken pieces 6 inches away from white-hot coals. Grill 30-45 minutes, brushing pieces with marinade and turning pieces frequently, until chicken is tender but not dry.

BARBECUE BRISKET

Bonnie Goering
(from Vernetta Regier)

6 lbs. brisket, sprinkle with 3 T. smoked liquid smoke, garlic powder, onion salt, and celery salt. Allow to stand overnight covered with foil. Next morning sprinkle with pepper and worcestershire sauce. Cover and bake 5 hours at 275 degrees. Drain grease off, then uncover and bake 1 hour with Barbecue Sauce.

BARBECUE SAUCE

1 c. catsup
1 t. salt
1 t. celery seed
1/4 c. brown sugar
1/4 c. worcestershire
2 c. water
1 onion, chopped
1/4 c. vinegar

Boil 15 minutes.



SWEET AND SOUR MEATBALLS

Jan Blosser

1 lb. ground beef
2 Tbsp. chopped onion
1/2 c. bread crumbs
1 Tbsp. parsley flakes
1 tsp. garlic salt
1/4 tsp. black pepper
1 egg, beaten
2/3 c. milk
1/2 tsp. curry powder

Combine ingredients; chill and form into 1-2" balls. Brown and put into baking dish.

1/4 c. sugar
1 Tbsp. cornstarch
1/4 c. vinegar
1 Tbsp. soy sauce
Juice from a 19 oz. can of pineapple chunks

Heat until thick and clear, stirring to prevent lumps. Add pineapple and pour over meatballs. Bake at 350 degrees for 30 minutes. Serve over rice. Serves 4-5.



HAM LOAF

Sue Allen

1 lb. ham
1 lb. pork or beef
1 cup bread crumbs
2 eggs
1 Tbsp. onion
1 Tbsp. parsley
1 Tbsp. celery
1 cup milk
1/3 tsp. paprika

Mix together and bake at 325 for approx. 1 1/2 hours. Baste with sauce after 45 minutes.

SAUCE

2/3 cup brown sugar
1 tsp. cinnamon
1/4 tsp. dry mustard
1/3 cup vinegar
1/2 cup water

Makes one regular loaf pan.



BARBECUE MEAT BALLS & SAUCE

Cindy Beth

3 lbs. hamburger
1 c. evaporated milk
2 c. quick oats
2 eggs
1 onion, chopped
1 tsp. garlic powder
1/2 tsp. pepper
2 T. chili powder
2 tsp. salt

Mix and make into balls - 38.

SAUCE

2 c. catsup
2 T. liquid smoke
1/2 c. chopped onion
2 c. brown sugar
1/2 tsp. garlic salt

Mix sauce & bring to a boil. Pour over meat balls. Bake uncovered at 350 for 1 hour.



CRANBERRY HAM ROLLS

Cindy Beth

1 can whole cranberry sauce
2 T. lemon juice
1/2 c. brown sugar
1/4 c. margarine
1/4 c. minced onion
2 c. cooked rice
1/4 c. minced celery
1/4 tsp. salt
1/8 tsp. pepper
8 slices ham

Break up cranberry sauce and mix with lemon juice and brown sugar. Melt margarine, add onion and celery and saute until onion is yellow. Add rice, salt and pepper. Spread some of this mixture on each slice of ham, roll up and fasten with a toothpick. Place in greased shallow baking dish and spoon half of cranberry sauce over rolls. Bake at 350 for 40-60 minutes. Spoon remaining sauce over rolls and return to oven.



CHICKEN CASSEROLE

Betty Zehr

2 cups diced chicken
2 cups diced celery
1 T. diced onion
1/2 tsp. salt
1/8 tsp. pepper
1 cup Miracle Whip (or part yogurt)
2/3 cup chow mein noodles
2 T. lemon juice
1/2 cup cashew nuts

Mix all ingredients and put into a greased casserole. Top with 1/2 cup cheese and 1/2 to 1 cup crushed potato chips. Bake 20 minutes at 425 degrees or until hot. Serves 6.

RED HOT JAMBALAYA

Kay Schmidt

Cook 1 small cut up chicken and set aside.

Saute in 1/2 cup oil:

- 2 c. chopped onion
- 1/2 c. chopped green pepper
- 1 c. fresh chopped parsley
- 1 c. chopped green onions

Add:

- 2 lbs. sliced cooked sausage
- 3 c. uncooked long grain rice
- cooked chicken
- red cayenne pepper to taste
- salt
- 8 c. chicken stock
- 1 Tbsp. minced garlic

Cover and cook until broth is absorbed (about 1 hour).

HOT SWEET AND SOUR BEAN CASSEROLE

Fern Gerber

1 cup brown sugar
1 Tbsp. prepared mustard
1/2 Tbsp. garlic salt
1/2 cup vinegar
8 slices bacon browned and drained
4 onions sliced in rings
1 can butter beans
2 cans green beans
1 can Mexican red beans
1 can pork & beans

Fry bacon, drain and lay aside. Brown onion in bacon grease, add brown sugar, mustard, garlic salt, and vinegar and cook for 20 minutes over low heat. Add beans and place in casserole dish. Top with crumbled bacon and bake at 350 for at least one hour. (I usually make it without the bacon and simply use a small amount of canola oil to saute the onions in. Additionally, I use garlic itself or garlic powder rather than garlic salt as the canned beans have adequate salt content and this then avoids over saltiness.

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PIZZA CASSEROLE

Cindy Beth

1 3 1/2 oz. pkg. sliced pepperoni
1/4 c. onion
1/3 c. melted butter
6 oz. thin spaghetti, cooked
1 c. grated swiss cheese
2 8 oz. cans tomato sauce
1 small can mushroom pieces
1/2 tsp. oregano
1/2 tsp. basil
1 lb. Mozzarella cheese

Boil pepperoni five minutes to remove excess fat. Drain well. Saute onion in 2 Tbsp. butter. Pour remaining butter into 7 X 11 inch rectangle baking dish. Add spaghetti and toss in butter until well coated. Cover with 1 can tomato sauce, then half of Swiss cheese, half of pepperoni, half of Mozzarella, all the mushrooms and onion. Sprinkle with oregano and basil. Top with remaining Swiss cheese and pepperoni. Add the other can of tomato sauce and top with all Mozzarella cheese. Bake for 25 minutes at 350. Serves six.

CHICKEN BROCCOLI CASSEROLE

Betty Zehr

- 2 10 oz. pkgs. frozen broccoli, thawed & drained
- 1 3 lb. chicken, cooked & cubed (or chicken breasts)
- 8 slices Velveeta or American cheese
- 1 can mushroom soup
- 1/2 cup mayonnaise
- 1 8 1/2 oz. can chestnuts, sliced
- 1 6 oz. can onion rings

Place broccoli in buttered 13 X 9 X 2 baking dish. Top with cooked chicken. Cover with cheese slices. Combine soup with mayonnaise; pour over cheese. Top with chestnuts. Bake 40 minutes at 350 degrees. Cover with onion rings; bake 20 more minutes.

AMERICAN CHOP SUEY

Dorothy Goertz

- 1 lb. ground beef
- 2 small onions, chopped
- 3/4 c. celery, chopped
- 1 can condensed mushroom soup
- 2 cans water
- 1/3 c. soy sauce
- 3/4 c. minute rice, uncooked or
 - 1 1/2 - 2 c. brown rice, partially cooked
- 1 can bean sprouts or
 - approx. 2 cups fresh bean sprouts, steamed

Brown together beef and onions in large skillet. Add celery, soup, and water. Cover and simmer for 10 minutes. Add soy sauce. Place rice in bottom of casserole dish and cover with beef and soup mixture. Bake uncovered for 1 hour at 350 degrees. Before serving, heat bean sprouts and place on top of casserole.

CHICKEN ENCHILADA CASSEROLE

Milly Stucky

Combine:

2 or 3 chicken breasts or 1 whole chicken (cooked and deboned)
1 can each: cream of mushroom, cream of chicken soup
1 can Rotel tomatoes
1 cup chicken broth
1 cup cooked rice
1 tsp. chili powder
4 tsp. minced onion
1/4 tsp. garlic
1/4 tsp. pepper
8 oz. (4 cup) Dorito Nacho Cheese chips
8 oz. (Velveeta) cheese (may use cheddar)

Spray 3 qt. casserole; put 1/2 chips at bottom, then 1/2 chicken, 1/2 sauce, 1/2 cheese, repeat layers. Bake at 350 degrees for 30 minutes. I mix all but chips and put in casserole, may be frozen. Serve with chips. Thaw before baking, may need longer baking time.

BEEF-ZUCCHINI CASSEROLE

Rosemary Moyer

6 small zucchini, cut into 1/2" slices	1/8 t. thyme
2 T. vegetable oil	1 t. parsley flakes
1/2 c. chopped onion	2 T. butter
1/2 lb. (or 1 lb.) ground beef	1/4 c. flour
1/2 c. cracker or bread crumbs	1/2 t. salt
1/2 to 1 t. salt	1/4 t. pepper
1/8 t. pepper	2 1/4 c. milk
1/8 t. oregano	1 c. grated cheddar cheese
1/4 t. basil, crushed	

Steam zucchini in large skillet until crisp tender. Saute onion in oil; add ground beef; brown. Pour off drippings. Stir in crumbs and seasonings. Melt butter in saucepan. Stir in flour, second salt and pepper. Add milk. Cook over medium heat, stirring constantly, until thickened. Add cheese; stir until melted. Place 1/3 of zucchini slices in 2 qt. baking dish. Add 1/3 of beef mixture, then 1/3 of cheese sauce. Repeat layers two more times. Bake at 350 for about 30 minutes. Makes 6-8 servings.

This recipe was adapted by Rosemary from one appearing in THE ELECTRIC COOK BOOK.

CHICKEN CHIP CASSEROLE

Susan Krehbiel

3-4 c. cooked chicken
2 c. diced celery
1/2 c. grated onion
2 T. lemon juice
1 c. mayonnaise
1 can cream of chicken soup
1 c. grated cheese
1/2 c. water chestnuts

Mix together and put into 8 X 8 casserole. Top with 1 c. crushed potato chips and 1 c. slivered almonds. Bake at 350 for 30 minutes.

METROPOLITAN A.M.E. FAVORITE SAUSAGE RICE CASSEROLE

Recipe from: "The Black Family Reunion Cookbook"

Kim Overman

- 1 lb. sausage
- 1 cup uncooked long grain rice
- 1 can (10 3/4 oz.) cream of mushroom soup
- 1 can (10 3/4 oz.) cream of chicken soup
- 1 can (10 3/4 oz.) cream of celery soup
- 1 can water

Heat oven to 350. Crumble sausage into skillet & brown. Drain. Spoon into 2-quart casserole dish. Add remaining ingredients. Stir well. Bake at 350 for 30-35 minutes stirring after 25 minutes. Bake until rice is tender. Serves 4-6. Great with biscuits and salad.

PECAN CHICKEN 'N BROCCOLI

Mary Ann Krehbiel

Serves 6

- 4 Tablespoons dry sherry
- 3 Tablespoons soy sauce
- 1/2 teaspoon ginger
- 3 chicken breasts, halved, skinned, boned & cut into 1" pieces
- 4 Tablespoons corn oil
- 1/4 cup sliced scallions
- 2 cloves garlic, finely minced
- 1 pkg. (10 oz.) frozen chopped broccoli
- 1 cup chopped pecans

Combine sherry, soy sauce and ginger in a medium-size bowl. Add chicken, tossing to coat; let stand 30 minutes to marinate. Drain chicken, reserving marinade. Heat oil in a large skillet; add chicken and saute over high heat until meat turns white, about 6 minutes. Remove chicken from skillet; set aside. Add scallions, garlic, broccoli and pecans; cook over high heat 3 minutes, stirring constantly. Add reserved marinade and reserved chicken; toss lightly and simmer an additional 3 minutes, or until heated through. Serve immediately.

SAUCE TO REPLACE SOUP IN CASSEROLES

Tina B. Ediger

2 cups non-fat dry milk
3/4 cup cornstarch
1/4 cup instant bouillon, any flavor
2 tablespoons dried onion flakes
1 teaspoon dried basil, crushed (optional)

Combine all ingredients, mixing well. Store in air-tight container.

To Use:

1/3 cup mix with 1 1/4 cup water in saucepan. Cook and stir until thickened. Or, save a pan by adding mix and water to browned and well-drained meat. Cook in skillet until thickened. Makes 3 cups of mix which is equivalent to about 9 cans of soup.

(Canned soup averages about 300 calories; this recipe has 95.)



PUMPKIN PARFAIT

Betty Zehr

Baked graham cracker crust

Filling: 1 1/2 c. pumpkin
1/3 to 1/2 c. brown sugar
1/2 tsp. salt
1 tsp. cinnamon
1/4 tsp. ginger
1/8 tsp. cloves
1/4 tsp. nutmeg

Combine thoroughly and fold in 1 quart softened vanilla ice cream or yogurt. Top with whipped cream and pecans. Freeze. Remove from freezer just before serving. (1 1/2 recipe fills 9 X 13 pan)

ORANGE CUSTARD FONDUE

Bonnie Goering

- 1 pkg. 2 1/3- or 3-ounce no-bake custard mix
 - 1 3/4 cups Milk
 - 2 cups Frozen whipped dessert topping, thawed
 - 2 Tbsp. Orange flavoring
 - 1 tsp. Grated orange peel
- Fresh fruit dippers: strawberries, pineapple chunks,
papaya chunks, pear slices, peach slices, apple slices
Chocolate and pound cake cubes

Prepare custard mix according to package directions, using the 1 3/4 cups milk and omitting the egg yolk. Cover surface with clear plastic wrap; cool. Chill till thickened, about 2 hours. Beat custard with rotary beater till smooth. Fold in dessert topping and orange flavoring. Top with orange peel. Serve chilled custard mixture with fresh fruits and cake cubes as fondue dippers. Makes about 3 1/2 cups sauce.

RASPBERRY MINT CRUSH

Mary Ann Krehbiel

1/4 Cup sugar
1/2 Cup lightly packed fresh mint leaves
1 10-oz. pkg. frozen raspberries
1 6-oz. pkg. frozen lemonade

Combine sugar, mint and 1 cup boiling water; set for 5 minutes.
Add raspberries and lemonade and stir. Add 2 cups cold water.
Serve cold with ice.

Makes 8 servings.

STRAWBERRY-BANANA WHIP

Chad Lehman

64 oz. nonfat dairy topping
1 cup sliced strawberries
3 sliced bananas

Whip topping until fine, then add strawberries, whip until creamy,
stir in bananas. Chill.



NEVER FAIL CHOCOLATE CAKE

Ron Hargett

2 c. flour
2 c. sugar
1/2 c. cocoa
1/2 t. salt
2 t. soda

Sift all together. Add:

2 eggs
1 c. sour cream
1 c. hot water
2 t. vanilla

Beat all together, bake in 9 X 13 pan, greased, at 350 for 30-35 minutes.



HUMMINGBIRD CAKE

Bonnie Goering

1 box cake mix (white or yellow)

Mix according to directions, except do not add water.

Add one small (8 oz.) can crushed pineapple and one cup mashed bananas, 1 tsp. cinnamon, 1 cup chopped nuts (optional). Bake according to directions. Cool and frost.

OATMEAL CAKE

Cindy Beth

1 1/2 c. oats	3 eggs
1 7/8 c. boiling water	2 c. sifted flour
1 1/2 c. sugar	3/4 t. salt
1 1/2 c. brown sugar	1 1/2 t. soda
3/4 c. shortening	3/4 t. nutmeg

Soak oats in water for 20 min. Cream sugars, shortening and add eggs. Sift flour, salt, soda and nutmeg into mixture and add oats - mix well. Bake at 350 for 40-45 minutes in greased and floured pan.

Mix and spread on cake:

6 T. melted butter
1 c. brown sugar
2 t. vanilla
1/2 c. cream or canned milk
1 1/2 c. coconut
1/2 c. dried quick oats

Broil until brown.

PINEAPPLE CARROT CAKE

Bonnie King

3 eggs	2 c. sifted flour
1/2 c. salad oil	1 1/2 c. sugar
3/4 c. buttermilk	2 tsp. cinnamon
2 tsp. vanilla	1/2 tsp. salt
1 8 1/2 oz, can crushed pineapple	(well drained)
2 cups shredded carrots	1 c. chopped nuts

Buttermilk Syrup:

2/3 c. sugar	1/3 c. butter
1/4 tsp. soda	2 tsp. light corn syrup
1/3 c. buttermilk	1/2 tsp. vanilla

Beat eggs together with oil, buttermilk and vanilla. Sift dry ingredients together and stir into egg mixture. Mix until smooth. Mix pineapple, carrots, and nuts. Stir into flour mixture. Pour into lightly greased 9 X 13 pan. Bake at 350 for 45 minutes. Remove cake from oven and lightly pierce top of cake with fork. Slowly pour hot buttermilk syrup over cake.

Buttermilk Syrup: Bring sugar, soda, buttermilk, butter and light corn syrup to a boil over medium heat and boil for 5 minutes. Remove from heat and add 1/2 tsp. vanilla. Pour over pierced cake.



UPSIDE DOWN GERMAN CHOCOLATE CAKE

from Favorite Recipes from Quilters

- 1 1/2 cups coconut
- 1 1/2 cups pecans
- 1 box German chocolate cake mix
- 8 oz. pkg. cream cheese, softened
- 8 Tbsp. margarine, melted
- 3 1/2 cups powdered sugar

Sprinkle coconut and pecans into bottom of greased and floured 9 X 13 baking pan. Prepare cake mix according to directions. Pour batter over coconut and pecans. Combine cream cheese, margarine and powdered sugar and mix until smooth. Drop by large spoonfuls onto cake batter. Bake at 350 for 45-50 minutes.



SNICKER CAKE

Beth Pratt

1 German chocolate cake mix
1 pkg. caramels
1 pkg. peanuts
1 pkg. chocolate chips
1/4 c. margarine
1/4 c. milk

Make cake according to box. Pour 1/2 of batter in 9 X 13 pan. Bake 20 minutes at 350. Melt caramels, margarine and milk until smooth. Pour over baked cake. Layer peanuts and chocolate chips, then cover with remaining batter. Bake 20 minutes at 300 and 10 more minutes at 350.

BEET CAKE

(a very moist, dark chocolate cake)

Bonnie King

1 1/3 c. flour
1/4 tsp. salt
1 1/2 tsp. soda
1 1/2 c. sugar
4 Tbsp. cocoa

3 eggs
1 c. oil
1 1/2 c. mashed beets
1/2 tsp. vanilla

Combine dry ingredients and add remaining ingredients and mix well.
Pour into a prepared 9 X 13 pan and bake 30 min. in a 350 oven.
When cool spread with chocolate or cream cheese frosting.



ALMOND JOY CAKE

Cindy Beth

Sift together:

2 c. flour

2 c. sugar

1/2 c. cocoa

1 tsp. baking powder

2 tsp. baking soda

1/4 tsp. salt

Add:

2 eggs

1/2 c. oil

1 tsp. vanilla

1 c. milk

1 c. water

Beat all together, bake in greased 9 X 13 pan at 350 for 30 minutes or until done. Cool slightly.

Boil 1 c. sugar and 1 c. milk. Add 24-26 large marshmallows 14 oz. coconut.

Stir until marshmallows melt. Pour over cake, cool slightly.

ITALIAN CREAM CAKE

Lorene Goering

1 stick margarine	1 tsp. soda
1/2 c. shortening	1 c. buttermilk
2 c. sugar	1 tsp. vanilla
5 egg yolks	1 can coconut (3 1/2 oz.)
2 c. flour	1/2 - 1 c. chopped nuts
5 egg whites, stiffly beaten	

Cream margarine and shortening. Add sugar and beat well. Add egg yolks and beat well. Combine flour and soda. Mix alternately with buttermilk to creamed mixture. Stir in vanilla. Add coconut and nuts. Fold in stiffly beaten egg whites. Pour batter into 3 greased and floured 8" cake pans (or 2 - 9" pans). Bake at 350 for 30 minutes.

ICING

1 pg. cream cheese (8 oz.)
1/2 stick margarine
1 tsp. vanilla
1 lb. powdered sugar

Mix well and spread generously between layers and over whole cake. Sprinkle top with pecans.

EARTHQUAKE CAKE

Lorene Goering

- 1 cup pecans
- 1 cup coconut
- 1 box (2 layer) German chocolate cake mix
- 1 pkg. (8 oz.) cream cheese, softened
- 1 tsp. vanilla
- 1/2 c. margarine
- 1 lb. powdered sugar

Grease bottom only of pan. Combine pecans and coconut, spread over bottom of pan. Prepare cake batter and spread over coconut and pecans. Combine cream cheese, vanilla, margarine and powdered sugar. Spoon over batter in dollops. Bake 45-50 minutes at 350 degrees. Cool and refrigerate.

FRESH PEACH PIE

Bonnie King

1 baked 9" pie shell
5-6 large ripe peaches, peeled and sliced
Glaze:
1 c. sugar
1 c. water
3 Tbsp. cornstarch
3 Tbsp. cold water
4 Tbsp. peach gelatin
1/4 tsp. almond flavoring (optional)

Bring sugar and water to a boil, stirring until sugar dissolves. Add cornstarch mixed with cold water. Cook until clear. Remove from heat, add gelatin and flavoring. Cool until lukewarm. Pour over peaches, sliced in crust. Chill before serving. May be covered with whipped topping.

FRENCH CHERRY PIE

Cindy Beth

3 egg whites, beaten stiff, fold in 1 c. sugar gradually

Add: 12 crushed soda crackers

1 tsp. vanilla

1 tsp. vinegar

1 tsp. baking powder

1/2 c. pecans

Put in greased 9-in. pan. Bake 20 min. at 350. Cool. Cream 1 - 3 oz. pkg. cream cheese. Add 1/2 c. powdered sugar & 1 tsp. vanilla. Pour into 1 c. partially whipped cream or Dream Whip. Mix until stiff, pour in crust. Top with cherry pie filling or other fruit. Chill at least 5 hours.

BANANA BARS

Betty Zehr

1/2 cup margarine or butter
1 1/2 cup sugar
2 eggs
1 cup sour cream
2 large ripe bananas (2 cups)
1 tsp. vanilla
2 cups flour
1 tsp. soda
1 tsp. salt

Mix in order given. Add dry ingredients, pour into greased jelly roll pan. Bake at 350 for 25 to 30 minutes.

Frost with: 3 oz. cream cheese
4 T. margarine or butter
1/2 lb. powdered sugar

Sprinkle with nuts if desired.

FAMOUS CANDY BARS

Dorothy Goertz

1/2 c. white sugar
1/2 c. brown sugar
1 c. white syrup
1 c. peanut butter
6 c. corn flakes
1 c. salted peanuts
1 pkg. 6 oz. semi-sweet chocolate pieces
1 pkg. 6 oz. milk chocolate pieces

In saucepan mix sugars and syrup over low heat and bring to boil, boil one minute. Add peanut butter and stir well. In large mixing bowl stir together corn flakes and salted peanuts. Add syrup/sugar mixture. Grease 9 X 13 pan and press mixture into pan. Melt chocolate chips together and spread over mixture in pan. Cut into squares. Refrigerate.

WENDELL'S BARS

Bonnie King

- 1 c. margarine
- 1 c. white sugar
- 1 c. brown sugar
- 2 eggs
- 1 c. peanut butter
- 1 tsp. soda
- 1/2 tsp. salt
- 1 tsp. vanilla
- 1 tsp. butterscotch flavoring
- 2 c. flour
- 2 c. oatmeal
- 1 6-oz. pkg. chocolate chips

Mix dry ingredients. Cream margarine and sugar. Add eggs, peanut butter and flavorings. Stir together with dry ingredients and bake in a sprayed 9 X 13 pan at 350 for 34-40 minutes. Last 5 minutes spread the chocolate chips on the top. Variation: Put chocolate chips in the bar mixture and after baked, cover with a frosting of 1/2 c. peanut butter, 1/2 c. softened margarine, 1 c. powdered sugar and milk enough to make spread easily.



PEANUT BUTTER BROWNIES

Dan & Julie Quinlin

2 cups	Sugar
1 cup	Flour
1/2 cup	Unsweetened cocoa powder
1 tsp.	Baking powder
1 cup	Margarine, softened
1/2 cup	Peanut butter
4	Eggs, lightly beaten
1/4 cup	Milk

Combine sugar, flour, cocoa and baking powder. In a separate bowl, mix butter and peanut butter, gradually beat in eggs and milk. Add dry ingredients and stir. Bake in greased pan for 20-25 minutes at 350 degrees.

CHOCOLATE PEANUT BUTTER SQUARES

Cindy Beth

2 1/4 c. crushed Oreo cookies (30 cookies)
1/3 c. margarine melted
1 pkg. instant vanilla pudding
1 3/4 c. milk
1 c. peanut butter
1 4-oz. pkg. German sweet chocolate bar, chopped
1 12-oz. Cool Whip

Combine cookies and margarine; reserve 1/4 c. for topping, if desired. Press remaining cookie mixture onto the bottom of a 13 X 9 X 2 inch baking pan. Bake in a 375 degree oven for 5 minutes. Cool completely. Prepare pudding mix according to package direction, except use only the 1 3/4 c. milk. Immediately stir in peanut butter and chocolate. Fold in dessert topping. Spread mixture evenly over cooled crust. Top with reserved cookie mixture. Cover and chill several hours or overnight. Cut into squares to serve. Makes 15 servings. May be drizzled with melted chocolate instead of sprinkling with cookie crumbs.

FINGER CAKE DESSERT

Betty Zehr

Bake a white cake as directed on the box. While cake is warm, but not hot, poke holes with a meat fork. Mix 1 box of peach jello with 1 cup boiling water and $1/2 - 3/4$ cup cold water. Spoon slowly over cake. Chill. Spread whipping cream over cake. Add peach slices and refrigerate.

Strawberry jello with slices of strawberries and other flavors of jello can be used.

ICE BOX SLICE

Greta Hiebert

Place 1/2 cup butter, 5 tsp. cocoa, 1 tsp. vanilla and 1 unbeaten egg in a glass bowl. Set it in a pan of hot water and stir until smooth. Add 2 cups graham cracker crumbs (about 25 crackers), 1 cup coconut, and 1/2 cup chopped walnuts. Place in 8 x 8 pan and spread with the following mixture: cream 4 Tbsp. butter with 3 Tbsp. instant vanilla pudding, 3 Tbsp. milk and 2 cups sifted powdered sugar. Chill briefly, then spread with 4 squares semi-sweet chocolate melted with 1 Tbsp. butter. Serve chilled.

MOM'S GRAHAM CRACKER PUDDING

Helen Nachtigal

1 cup graham cracker crumbs (heaping)
1/2 to 1 cup walnuts, chopped
1 cup sugar
3 large eggs, separated
1 t. baking powder
1 t. vanilla
whipped cream or ice cream

Cream sugar & egg yolks; add nuts and vanilla. Blend thoroughly. Beat egg whites until stiff peaks form, fold into crumb mixture. Turn into greased 8 or 9" square pan. Bake at 350 about 30 minutes. Serve warm or cold with whipped cream or ice cream.

BLACK RASPBERRY DUMPLINGS

Nancy Shear

1 quart fresh or frozen black raspberries
1 c. sugar
1 c. water
3 T. cornstarch

1 1/2 c. prepared baking mix
1/2 c. milk
2 T. sugar

In a 6 quart saucepan, combine berries, sugar, water and cornstarch; stir to blend. Bring to boil, stirring often. Turn heat to low and cook till thickened. Meanwhile combine baking mix, milk and sugar, mixing until soft dough forms. Drop by spoonfuls onto boiling berries. Cook over low, uncovered, for 10 min.; cover and cook 10-15 min. more, or until dumplings are cooked through. For a glazed effect, sprinkle dumplings with additional sugar and a dash of nutmeg. Yield: 10 servings.

STRAWBERRY RHUBARB CRISP

Betty Zehr

Mix: 2 cups sliced strawberries, 2 cups diced rhubarb, 3/4 cup sugar.

Dissolve & add: 1 T. cornstarch and 1/4 c. cold water.

Mix: 1/2 c. oats, 1/2 c. flour, 1/4 c. brown sugar, 1 tsp. cinnamon.

Add: 2 T. melted margarine until crumbly and spread over fruit.
Bake in an 8" or 9" pan at 350 for 45 minutes. Serves 6-8.

WEDDING PUNCH

Barbara Rempel
Rex Russel

2 pkg. Koolaid (strawberry)
2 qts. cold water
2 c. sugar
1 small frozen lemonade
1 large frozen orange juice
1 large can pineapple

Mix together - to gallon of punch add 1 liter of 7-Up or ginger ale.

SPREAD FOR FRENCH BREAD

Cindy Beth

1/2 c. oleo, melted
1/2 c. Italian dressing
1/2 c. Parmesan cheese

Cut two loaves french bread in half the long way. Spread & put in oven uncovered at 300 degrees for about 20 minutes or until hot.

HOT HAM & CHEESE SANDWICH

Cindy Beth

1/2 c. oleo or butter
4 T. horseradish mustard
4 tsp. poppy seed
4 T. chopped onion (optional)
8 slices ham
8 slices Swiss cheese

Mix oleo, mustard, poppy seed and onion together to form a paste. Spread on hamburger buns. Put a slice of ham and a slice of Swiss cheese on each bun. Wrap the sandwich in aluminum foil and bake at 350 for 20 minutes. Note: you can use shredded ham instead of slices and make the sandwich as full or small as you like.



